

What is it?

The Healthier Montana Menu Challenge

- is a menu-based recognition program that meets nutrition criteria for breakfast, lunch and a la carte offerings.
- recognizes schools serving healthy school meals that are consistent with the 2005 Dietary Guidelines for Americans and USDA's MyPyramid.
- Applications are open to all Montana schools, regardless of participation level in the school meals program; and
- Allows schools to apply for all three components (breakfast, lunch, and a la carte) or for any one of the three.

Why Apply?

- **Recognition:** Receive a Healthier Montana Menu Challenge certificate; award-winning schools will be listed on the Montana Office of Public Instruction's Web site.
- **Media Coverage:** Receive local and statewide media coverage announcing your school's award.
- **Sense of Pride:** Recognize the fact that your school is providing the healthiest food possible while teaching children lifelong healthy eating habits.
- **Achievement:** Join an elite group of other school nutrition professionals who excel in healthy menu planning.



The application can be found
online

<http://www.opi.mt.gov/schoolfood/healthiermt.html>

All schools are encouraged to apply.
Be a Healthy School Champion!



The Healthier Montana Menu Challenge

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Recognizing
Exceptional
School Meal
Programs



Montana Team Nutrition
Montana Office of Public
Instruction
School Nutrition Programs

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Criteria for the Healthier Montana Menu Challenge

Breakfast Menu Criteria

- Three different fruits are offered each week (includes fresh, frozen or canned in its own juice)
- Fresh fruit is offered at least twice per week
- Whole grain foods are offered at least three times per week
- Protein-rich foods (meat/meat alternates) are offered at least three times per week
- Limit the service of high sugar breakfast cereals and other high sugar items (≥ 12 grams of sugar per 1 oz serving) to one time per month
- Limit the service of baked goods (like doughnuts, sweet rolls, maple bars, toaster pastries) to one time per month
- Higher fat entrée items are limited to once per week. (A higher fat entrée item is defined as having $\geq 40\%$ of calories from fat, excluding nuts, seeds and nut butters)
- Low-fat (1%) and/or nonfat (skim) milk are offered daily
- Menus meet the USDA School Meals Initiative nutrient standards

Lunch Menu Criteria*

- Three different fruits and five different vegetables are offered each week
- Dark green or orange vegetables or fruits are offered three or more times per week
- Fresh fruits or raw vegetables are offered three or more days per week (or daily)
- A good source of Vitamin C is offered daily
- Four different entrees are offered each week, with high fat entrees ($> 40\%$ calories from fat) limited to once per week
- Cooked legumes (dried beans and peas) are offered each week
- Whole grain foods are offered three or more times per week (or daily)
- Two or more iron sources are offered daily
- Low-fat (1%) and/or skim milk are offered daily

*Adapted from the USDA's HealthierUS School Challenge
<http://www.fns.usda.gov/tn/HealthierUS/index.html>

A la Carte Food/Beverage Criteria*

Fruits and Non-Fried Vegetables

- Fruits and vegetables may be fresh, frozen, canned, or dried, and they must be found in Chapter 2 of the Food Buying Guide of Child Nutrition Programs
<https://schoolmeals.nal.usda.gov/FBG/2003FBG/%20Section%202.pdf>

Approved Beverages Include:

- Reduced fat (2%), low-fat (1%), skim/nonfat fluid milk meeting state and local standards for pasteurized fluid milk and/or USDA approved alternative dairy beverages
- 100% full strength fruit and vegetable juices
- Water (non-flavored, non-sweetened and non-carbonated)

Any Other Individual Food Sales/Services

- **Calories from total fat** must be at or below 35%, *excluding nuts, seeds and nut butters*
- **Calories from saturated fat** must be at or below 10%
- **Total sugar** must be at or below 35% by weight. This includes both naturally occurring and added sugars. This limit does not include fruits and vegetables as defined above.
- **Portion sizes** for a la carte sales in the school cafeteria are not to exceed the serving size of the food served in the NSLP/SBP; for other sales, the item package or container is not to exceed 200 calories.

